

Summary

IPL

What? IPL, short for intense pulsed light, is a popular treatment that is known for its ability to remove unwanted hair. It has gained popularity for hair removal as well as treating broken capillaries and pigmented lesions.

Why? History IPL also stimulates the production of collagen. IPL machines can also be effective at hair removal. IPL (Intense Pulsed Light) Therapy is a non -ablative process using a laser or light device to treat extrinsic and extrinsic signs of aging. It is also called "flash lamp therapy" and photo facial. Photo facials help with many different extrinsic aging effects on the skin.

IPL stands for intense pulsed light, and it is a form of light therapy, used for various dermatological procedures including hair removal.

How does it relate to the skin? IPL uses short blasts of a polychromatic, high-intensity light to penetrate just below the skin's surface damaging either the melanin or the blood vessels that create broken capillaries. It can feel like a spatter of hot grease on the face so numbing cream followed by covering with polyurethane wrap for about 40 minutes before treatment. IPL (pulsed light) is absorbed by melanin (chromophore) in brown or black hair causing a thermal injury (selective photothermolysis) to the follicles of actively growing hairs (anagen). IPL is a light based therapy which offers 40-50% reduction. It will thin the hair, but not really deliver permanent results. True laser is the better option offering 80-99% permanent hair. Wavelengths of infrared light are emitted in a single white flash of light. Indications for treatment are symptoms of rosacea, small spider veins pigmented lesions, fine lines and wrinkles. It causes the skin to plump reducing the appearance of wrinkles. Someone with really deep inset wrinkles would be a good candidate for this treatment.

Where does it typically occur? Day spas, medical spas, and doctor's offices offer IPL treatments because sometimes they are better suited for the client's skin conditions than lasers and one machine can target several different things. IPL is also popular in a medical spa, plastic surgeon's office or dermatologist offices. IPL is a class 2 medical device. State esthetics regulations should be read the scope of practice in the use of this machine. Light Pulses are powered by bursts of electrical light. The light passes through a quartz or sapphire block and onto skin. The esthetician and client must be wearing eye protection for the safety of them both.

When? (Implications): IPL can be used to remove hair. IPL can sometimes cause hyper-pigmentation. Clients can still get burned with IPL if the technician is not knowledgeable and careful during the treatment. Each machine is different and has different directions for treatment that can be increased or decreased. IPL is used after an in depth skin consultation

Used for superficial vascular and pigmentation IPL has become a very popular standard of treatments. It causes the blood vessels beneath the skin to constrict which makes the look of redness diminish. Someone with broken capillaries on the face or body would be a good candidate for this type of treatment. Remove all client's makeup and oils from the skin.

Who benefits from this? A candidate for IPL is someone with light skin and dark hair as well as other Fitzpatrick skin types. Too much light energy going into the skin at the treatment area will cause burns and lead to hyperpigmentation. The patient and IPL technician benefit. Patients who have sun damaged skin and want to look refreshed and more even toned will benefit from this. The laser breaks up the accumulated pigment in the skin. This can be done on the face or body to help with an overall even skin tone.

What causes this? Both lasers and IPL use intense blasts of light and heat, and both can be uncomfortable to painful, depending on the treatment, your skin type and condition, and your own pain tolerance. Too much light causes burns and not enough is completely ineffective. IPL (Intense Pulsed Light) Therapy is a non ablative process using a light device to treat extrinsic and extrinsic signs of aging. It is a class II medical device. The IPL (Intense Pulsed Light) light is absorbed by the pigment in the hair, quickly turning to heat which then kills the growing cells that make the hair. IPL bypasses the epidermis, stimulating collagen synthesis. It can even reduce pore size when done on the right candidate. Someone with the typical oily skin type with large pores would really benefit from shrinking their pores.

How? Solution (Mechanical /Machine) - Intense pulsed light (IPL) is a type of very strong light therapy that uses a powerful, focused light to treat certain skin conditions. IPL is not a laser, because it contains multiple colors of light. All machines are different so be sure to get specialized training on the particular one used. All skin colors and types should not receive this treatment. It is important to know the patient's ethnicity as some patients may have some unwanted results.

How? Solution (Non Mechanical) - Always evaluate the skin type. Find out the client's goals and their expectations and what they expect the results to be. Included in the consultation is asking about ethnicity, medications, and tanning history. The ideal candidate is someone with white untanned skin that has some elasticity in it. Someone with darker skin would be at a higher risk of hypopigmentation because of the melanin concentration in their skin cells. Talk to your client before the treatment to give them a realistic idea of how it will feel and what some of the side effects might be.

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